

# Youth Pathways for Substance Abuse Prevention

Tarrant Council on  
Alcoholism & Drug Abuse



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

# Grant Team

- Project Director: Kelly Heath
- Other Key Personnel
  - Research Coordinator: Dr. Camille Patterson
  - Outreach/Training Coordinator: Beth Mivedor
- Partnering Worksites
  - Training Program Development and Pilot Testing
    - Workforce Solutions (Texas Workforce Commission) and a local distributor of landscape fabric
  - Program Participants
    - A residential care facility for individuals with developmental disabilities, a long-term acute care hospital, a private university, a state university, and a North Texas newspaper



# Goals

- Improve work climate
- Improve personal health
- Increase help-seeking by youth with substance abuse problems
- Reduce substance abuse in the workplace
- Evaluate workplace prevention/early intervention programs tailored for young adults



# Target Population

- 18- to 24-year-olds working full- and part-time in media, education services, and health care occupations in the Dallas-Fort Worth greater metropolitan area



# Implementation History

- We recently completed the Small Business Wellness Initiative, a successful prevention/early intervention program that reached 41 businesses and 1,350 participants
- This project will build on this success and adapt prevention programs to reach the youth population



# Primary Components

- 4-hour youth edition of *Team Awareness*
- 2-hour booster training adapting *Healthy Workplace* to target the youth population



# Delivery Mechanism

- Training will be facilitated by Tarrant Council employees
- Training will take place predominantly at the individual workplaces
- Both trainings will be conducted with small groups of 8-20 employees; in larger organizations, multiple training sessions will be offered to accommodate all participating employees



# Products

- Types
  - Personal and group assessment tools
  - Board game
  - Activity cards and guides
  - Written materials
  - Local resource and referral guides
  - Trainer manuals
  - Project replication manual
- Dissemination
  - Materials will be available for free download through the development of a project website
  - Research and other findings will be published through newsletters, peer-reviewed journals, and presentations to a variety of audiences





# Expected Intermediate and Long-Term Outcomes

- Intermediate
  - Improved personal health
  - Improved work climate
- Long-Term
  - Increased help seeking
  - Decreased substance use

